

What is claimed is:

(Claim 1) 1. A method of producing logos or color codes on weight plates, comprising:

a. Step one, make a silk-screen printing pattern for the logos, color codes or any poundage numbers;

b. Step two, print said pattern of logo and/or color codes onto the surface of the weight plates; and,

Step three, coat the printed surface of the weight plates with clear urethane or polyurethane so that the logo and/or color codes can be seen through the layer of clear urethane or polyurethane.